

NYC HEALTH + HOSPITALS/ELMHURST HOSTS OPEN HOUSE FOR NEW EYE CLINIC

NYC HEALTH + HOSPITALS/ELMHURST OPENS RENOVATED OPHTHALMOLOGY CLINIC

New equipment will provide critical treatment for patients with diabetic eye disease, cataracts, and glaucoma

NYC Health + Hospitals/Elmhurst recently held a community open house for its newly renovated Ophthalmology Clinic. The clinic now offers modern, state-of-the-art technology designed to give patients a wider range of services related to their eye care needs. The redesigned clinic offers patients an enhanced experience through individual exam rooms and an improved registration process. Patients with conditions such as cataracts, glaucoma, and vision disorders related to diabetes will be treated in the redesigned space. The space is located on the second floor of Elmhurst's Community Medical Center. The expansion of this facility, funded through the health system's capital budget, represents a vital patient service offered by the public health system. Providing ophthalmological services supports NYC/Health + Hospitals patient population, and contributes to Mayor Bill de Blasio's plan to guarantee health care for all New

Yorkers.

"NYC Health + Hospitals/Elmhurst is very excited to be able to offer enhanced services in our Ophthalmology Clinic and provide our patients with the latest advancements in treatment for eye disease," said Israel Rocha, Vice President of NYC Health + Hospitals and Chief Executive Officer of NYC Health + Hospitals/Elmhurst. "Many people in our community come to our clinic with conditions that can be easily treated if caught early. We know that saving a person's sight is a vital part of keeping them healthy in the long-term, and we want to be proactive in ensuring that we can accurately diagnose eye diseases as early as possible so as to prevent blindness and other complications that dramatically affect a person's quality of life."

Enhancements to the Ophthalmology Clinic include:

- Updated equipment allowing ophthalmologists to do full, comprehensive eye exams, including diagnostic instruments that measure the curvature of the cornea and allow for close examination of the interior of the eye.
- Installation of an IOL Master instrument, which uses laser technology to measure the length of the eye. This equipment provides accurate measurements for patients who need to undergo cataract surgery.
- New projectors to replace the traditional eye charts. This reduces the amount of space required to do traditional eye chart exams and creates more room for advanced equipment.
- Electric exam chairs designed to correctly position patients for full ophthalmology examinations.

"I was born at Elmhurst Hospital, I worked at Elmhurst Hospital, and every day as it takes measures to modernize and improve its services for our community I am proud to now represent Elmhurst Hospital in government. This newly renovated state-of-the-art Ophthalmology clinic will provide enhanced vision services to the men, women, and children in our community. The future will certainly be brighter, and clearer, for countless patients who avail themselves to this fantastic facility," said New York City Council Member Francisco Moya.

For more information about NYC Health + Hospitals/Elmhurst's Ophthalmology Clinic or to schedule an appointment, call (718) 334-3150.



Left to right: NYC Health + Hospitals Board Member Helen Arteaga-Landaverde, NYC Health + Hospitals/Elmhurst's Community Advisory Board Chair Eartha Washington, Elmhurst Ophthalmology Department Director Dr. Robert Fischer, and Elmhurst Community Advisory Board Member Luisang Tamang at open house for the hospital's renovated eye clinic

ELMHURST CUTS RIBBON ON NEW BLOOD DRAW LAB

As part of NYC Health + Hospitals on-going patient friendly initiatives centered on consolidating services and providing a comfortable environment for patients, the hospital transformed roughly 800 square feet of vacant space previously occupied by Women's Health Services, into a modernized setting for centralized blood draw. The new layout has four private blood draw rooms, a handicap-accessible bathroom, and a waiting room designed to comfortably accommodate 15 patients. The waiting area offers amenities, such as comfortable seating that has built-in connections to charge mobile devices. This new suite will consolidate blood drawing functions that were previously scattered throughout the various clinics and provides expanded hours of service to better accommodate patients' needs.



Pictured L to R: Georges Leconte, Dr. Svetlana Grinblat, CEO Israel Rocha, Dr. Anatoly Leytin, Lidia Reyes, Veronica Henry

NYC HEALTH + HOSPITALS/ELMHURST CELEBRATES DOCTORS AND NURSES

NYC Health + Hospitals/Elmhurst recently hosted recognition events for the hospital's hardworking physicians and nurses. In April, in collaboration with the NYC Health + Hospitals/Elmhurst's Facility-Based Doctors Council, NYC Health + Hospitals/Elmhurst Celebrated its 3rd Annual Doctors Week celebration. Special events included a keynote presentation, "Bringing Back Joy in Medicine," by Dr. Parag Mehta, Senior Vice Chair, Department of Medicine and Chief Medical Information Officer at New York Presbyterian Brooklyn Methodist Hospital, a lunch with gift event, and an Ice Cream Social. The week culminated in a dinner celebration that included the "ELMMY Award," which honored six physicians for their outstanding patient care and excellent collegial and patient relationships. Drs. Ademola Ladapo, Isha Mehta, and Marlon Brewer were voted for by their peers as clinicians who provide exceptional service and care to patients and fellow physicians. Drs. Guangdong Liu (Medicine), Brenda Beloosesky (OB/GYN), and Maria Christina Goiri (Primary Care) received high marks from their patients who highlighted their excellent interpersonal and communication skills in

HCAHPS surveys. The ELMMY Award has been presented annually to physicians who best demonstrate values of patient care and compassion at Elmhurst. The ELMMY is a statue of Elmhurst's Chief Medical Officer, Dr. Jasmin Moshirpur, who personifies these values and is one of the longest serving physicians at NYC Health + Hospitals/Elmhurst. Local elected officials, including Queens Borough President Melinda Katz, Council Member Francisco Moya, and Assembly Member Brian Barnwell sent representatives to the awards ceremony, and presented citations to the honored physicians.

In May, Elmhurst celebrated National Nurses Week. National Nurses Week begins on National Nurses Day, May 6, and concludes on May 12, the birthday of Florence Nightingale. Celebrated since 1982, Nurses Week helps raise awareness about the importance of nurses and their contributions to society. The Elmhurst community celebrated through a variety of events for nurses on staff, including a fashion show, recruitment events, a Nursing Staff luncheon/dinner, and an educational event for the community about the hospital's "Baby-Friendly" USA initiative.



ELMHURST STAFF CELEBRATES BABY-FRIENDLY DESIGNATION



NYC Health + Hospitals/Elmhurst has been officially designated as a Baby-Friendly Hospital. The Baby-Friendly Hospital Initiative is a global effort to implement practices that protect, promote, and support breastfeeding. Breastfeeding is vital to a child's lifelong health and reduces costs for health facilities, families, and governments. Baby-Friendly designation recognizes hospitals and birthing centers that offer an optimum level of care for the mother-infant dyad. Designated hospitals give mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies or feeding formula safely. Baby-

Friendly Hospitals also follow certain practices such as placing the newborn infant skin to skin immediately after delivery, breastfeeding within one hour of birth, and having newborns room-in with their mothers 24 hours a day. To thank everyone who worked so hard to achieve this designation, Elmhurst hosted a celebration breakfast and lunch that were attended by more than 200 of the interdisciplinary staff who helped make this accomplishment a reality.

ELMHURST PHYSICIANS AND NURSES HONORED



On March 1st, The Indian American Federation honored **Dr. Subhadra Nori**, Director of Rehab Medicine for NYC Health + Hospitals/Elmhurst and Queens, for achieving success in her medical career.

The Simulation Center team, including **Dr. Suzanne Bentley**, **Lorraine Boehm, RN**, Nurse Educator, **Julia LaMonica, RN NP**, **Dr. Barbara Dilos**, **Dr. Tania Lopez**,

Mamie McIndoe, **Dr. Rachel Carroll-Bennett**, **Alexander Meshel**, **Dr. Alfredo Astua**, **Dr. Ariella Barhen**, **Dr. Akif Qureshi**, **Dr. Andrew Ditchik**, **Dr. Lillian Wong**, and **Dr. Colleen Smith** were also honored as "Blue Ribbon Recipients" at the 16th Institute for Medical Education Research Day, which was held at the Guggenheim Pavilion Atrium on April 30th. The event recognized creative and exciting work in educational research.

Dr. Samuel Trosman, Regional Director of Otolaryngology for Elmhurst and Queens was honored at the "Stars Under 40" dinner on March 21. Sponsored by the Schneps Community News Group, this networking event recognizes young professionals across the borough of Queens for their significant accomplishments.



(L-R) NYC Health + Hospitals Vice President and Elmhurst CEO Israel Rocha, Dr. Samuel Trosman, NYC Health + Hospitals Queens & Elmhurst Medical Director Dr. Jasmin Moshirpur, Schneps Communications President Vicky Schneps

The Simulation Center team at Elmhurst Hospital, led by **Dr. Suzanne Bentley** and **Lorraine Boehm, RN**, Nurse Educator, was awarded the 2019 Patient Safety Champion Award for Elmhurst Hospital from NYC Health + Hospitals. This award was for the team's ongoing commitment to utilizing simulation to improve patient safety and clinical care through many projects being conducted across Elmhurst Hospital.



NYC HEALTH + HOSPITALS/ELMHURST AND QUEENS PUBLIC LIBRARY PARTNERSHIP

NYC Health + Hospitals/Elmhurst and the Queens Public Library have announced their continued partnership to produce a series of health and wellness educational events to increase health care literacy for all residents in Queens. The free series includes discussions led by NYC Health + Hospitals/Elmhurst providers on a range of topics at Queens Library branches throughout the borough. Open to the public, the discussions will focus on back pain, oral, head and neck cancer, mental health, and the benefits of PrEP (short for pre-exposure prophylaxis) and PEP (post-exposure prophylaxis) treatments, among other topics. The ongoing collaboration is part of Queens Public Library's Community Health Service program, which provides free health education classes, workshops, and activities to promote health awareness in the community.

For additional information, please call NYC Health + Hospitals/Elmhurst's Department of External Affairs and Marketing at 718-334-1259, or e-mail Atiya Butler at butlerat@nychhc.org.

SCHEDULE OF NYC HEALTH + HOSPITALS/ELMHURST LECTURES AT QUEENS PUBLIC LIBRARY BRANCHES:

Thursday, June 20th: PEP and PrEP Discussion, with Maureen Jones, RN, 6 PM, Jackson Heights Library, 35-51 81st Street, Jackson Heights

Thursday, July 11th: Stop the Bleed/Emergency Medical Care Discussion, with Elmhurst Trauma Team, 3 PM, Forest Hills Library, 108-19 71st Avenue, Forest Hills

Tuesday, July 16th: Healthy Eating Discussion, with Jey Hwang, RD, CDM, 2 PM, Hillcrest Library, 187-05 Union Turnpike, Flushing

Friday, July 19th: Safe Sleep Discussion, with Elmhurst Neonatal Intensive Care Unit RNs, 11 AM, Broadway Library, 40-20 Broadway, Long Island City

OTHER UPCOMING EVENTS:

June 5: Community Health Needs Assessment Forum, 6 PM, 79-01 Broadway, 4th Floor, D4 Conference Suite (A,B,C). For more information please call 718 334-3844.

June 6: Annual Pediatric Health and Safety Fair, sponsored by Maspeth Federal Savings, Healthfirst, and MetroPlus, 10 AM-2 PM, 41st Avenue between 80th and 81st Streets

June 14: Annual Fathers' Day Celebration, 12 PM, 79-01 Broadway, Rm. A1-22

June 22: NYC Department of Transportation/Bike New York Safety and Education Class, 11AM-2PM, Hospital Parking Garage, ground level (77-10 41st Avenue). This is a 3-hour on-bike class for adults and mature teens who have recently learned how to ride a bike or who want to improve their core cycling skills. Students learn how to perform a simple mechanical inspection, start & stop with confidence, scan & signal. For more information, please call the Department of Transportation at 212-839-7175.

ASSEMBLY MEMBER CATALINA CRUZ HELPS ELMHURST KICK-OFF WOMEN'S HISTORY MONTH

EMPLOYEES SHOW OFF SINGING SKILLS AT STAFF TALENT SHOW



Newly-elected NYS Assembly Member Catalina Cruz was the keynote speaker at NYC Health + Hospitals/Elmhurst's Women's History Month celebration in March. With a focus on this year's theme of "Better the Balance, Better the World," Assembly Member Cruz spoke about how she aims to strike

a balance among her demanding work schedule, family time, and time for herself. She was introduced by Aida Gonzalez-Jarrin, the head of NYC Health + Hospitals/Elmhurst's Community Advisory Board's Legislative Committee and a long-time community activist. The hospital's auditorium was packed with people as the hospital's version of "The Voice" was opened by the first competitor, Louise Derevlany, who played her guitar and sang Bette Midler's "The Rose." She was followed by four other singers: Peter Kim, Shompa Haque, Murphy Lu, and Kavita Vijayasckar. Erica Harris, RN and Colin Wade served as the distinguished judges who announced this year's winner to be Dr. Murphy Lu, who is a Medicine Department intern.

Kudos to all the performers, supportive coworkers, and Elmhurst's Women's Concerns Committee for making this Women's History Month celebration an unforgettable affair!



ANNUAL SOCIAL WORK MONTH CELEBRATION

March was National Social Work Month, and Elmhurst celebrated its social workers with a special lunch and a light-hearted awards ceremony.

In April, NYC Health + Hospitals held a system-wide ceremony at NYC Health + Hospitals/Kings where two of Elmhurst's social workers were recognized. Lauren Clifford is this year's Social Work Champion in Medicine. Lauren was nominated by several staff members from a variety of disciplines for her professionalism, competence, intelligence, and strong advocacy for her patients and families. She is a dedicated employee, works well with others, and is highly respected and beloved by staff and patients. She thinks out of the box and often times finds solutions for issues that seem impossible to solve. Nellie Liciaga was named this year's Behavioral Health Social Work Champion. Nellie has been an outstanding social worker in Behavioral Health. She not only supervises the clinicians in the Methadone Treatment Program but she has been instrumental in supervising the clinical staff at the Meyer Clinic. Nellie has proven that she is a team player. She has covered all areas of the department from inpatient and CPEP, Substance Use Disorder (SUD) clinic and Methadone Treatment Program, and even our new clinic on Wards Island. She is the first person to volunteer to help in any situation. The staff and patients find her to be supportive, caring, and dependable. She is the type of social worker that every patient deserves to have.



(L-R) Jodi Romano, Nelly Liciaga



(L-R) Donato Cipriano, Karina Loayza, Lauren Clifford, David Martinez.



(L-R) Stephanie Hopkins, Karina Loayza, and Amy Weinstein



(L-R) Tiffany Sulser, Jenny Alvarado, Lauren Clifford, Cecilia Gavigan

BORN AT ELMHURST



Coming from immigrant parents from Ecuador I understand the challenges that immigrants face. It's what motivated me to be the author and the lead sponsor of the Dream Act in the New York State Assembly in 2011. And I also sponsored the legislation for Drivers Licenses for All. The immigrants that come to this city and live in this neighborhood, they really work extremely hard to contribute both to the economy and to the richness of our community. And that's just not in the wonderful ethnic restaurants that we have. It's also the culture. It's how we assimilate together. We are a city and a country that was founded by immigrants, and that's why we have to continue to fight and motivate people to be active and to support immigrant communities.

– FRANCISCO MOYA, New York City Council Member
representing District 21 since 2018
New York State Assembly Member, 2011-2017



Elmhurst

For more information on Obstetrical and Women's Health Services at Elmhurst, please call 718-334-3150 or visit nychealthandhospitals.org/elmhurst.

NYC HEALTH + HOSPITALS/ELMHURST LAUNCHES GROUP PRENATAL CARE "CENTERING" PROGRAM FOR OBSTETRICS PATIENTS

NYC + Hospitals/Elmhurst, in partnership with Centering Healthcare Institute, has launched an initiative for pregnant women aimed at reducing preterm births and encouraging greater patient engagement during the prenatal experience. Patients participating in the "Centering" program will take part in group pregnancy visits with healthcare providers at Elmhurst's Women's Pavilion Obstetrics Clinic, which is located at 78-20 41st Avenue in Elmhurst, Queens. Visits will include group discussions, patient networking, and prenatal education classes for obstetrics patients on various health and wellness topics, such as nutrition, stress management, and breastfeeding. At every visit patients will also have one-on-one time with their providers, where they can take their own weight and blood pressure and record their own health data.

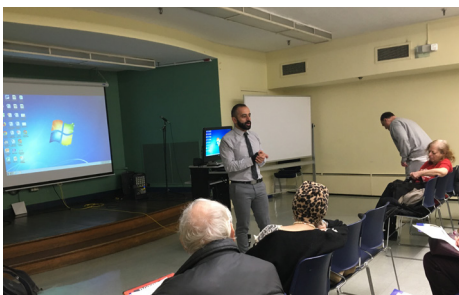
Studies show that prenatal patients who receive care in a group setting experience increased self-confidence, which

can decrease rates of preterm and low weight babies. CenteringPregnancy initiatives have also been shown to help reduce racial disparities in preterm births.

"We are proud and excited to introduce CenteringPregnancy® to our patients," said Dr. Brenda Beloosesky, Chief of Ambulatory Women's Health Services (OB/GYN) at NYC Health + Hospitals/Elmhurst. "I believe that Centering will really impact the health of our patients and their families by empowering them with knowledge and supporting them in their pregnancies."

Funding for implementation of Elmhurst's Centering program came from a grant from New York City's Department of Health and Mental Hygiene, as part of the agency's NYC Birth Equity initiative. For more information, please call NYC Health + Hospitals/Elmhurst's Department of Obstetrics and Gynecology at 718 334-5410.

ELMHURST AND THE COMMUNITY



Dr. Hazem Shoireh at stroke discussion
at Forest Hills Library



Dr. George Hagopian at women's cancers
discussion at the Forest Hills Library



Dr. Samuel Trosman (left) at the Jackson Heights
Library's event on Oral, Head, and Neck Cancer

ELMHURST GREENMARKET RETURNS JUNE 4TH

Elmhurst's Greenmarket returns June 4th and will be open on Tuesdays from 8 AM-4 PM through late November. We asked GrowNYC, the non-profit that runs the Elmhurst market, for a seasonal recipe to celebrate the market's return. Be on the lookout for more recipes in the next issue! For more information on greenmarkets throughout New York City, please visit www.grownyc.org.

ASPARAGUS BRAISED W/ PEAS & SPRING ONIONS

Recipe from Local Flavors: Cooking and Eating from America's Farmers Markets



This delicate braise can become a vegetable main course if you spoon it over soft polenta or mix in some tender cheese ravioli. If morels or chanterelles are in season, cook them right along with the onions and garlic.

Serves 4-6

INGREDIENTS:

Ingredients available seasonally at your neighborhood Greenmarket

- 1 pound asparagus
- 2 pounds shelling peas or 1 pound sugar snap peas cut into bite size pieces
- 3 tablespoons unsalted butter
- 5 spring onions or other small, fresh onions, thinly sliced
- 1 head green garlic, thinly sliced
- ½ cup white wine (optional)
- Sea salt and freshly ground pepper
- 1 few basil leaves or a small handful of chervil

Instructions:

1) Peel the asparagus stalks. If they're thick, trim the bases. If they're thin, snap them at the breaking point. Slice them diagonally into several pieces, then put them in a bowl of cold water to soak while you shuck the peas.

2) Melt 2 tablespoons of the butter in a skillet. Add the onions and garlic and cook over medium heat until they look as though they're starting to fry, then add the wine. Once the wine cooks down, add 1 cup water and the asparagus. Simmer until the asparagus is nearly tender, about 5 minutes. Add the peas and cook until they're done, about 2 minutes. Sprinkle with salt and add a twist of pepper and the last bit of butter. Tear the basil leaves right into the dish or add the chervil, then turn off the heat and serve.

3) Add the remaining greens and 1 tablespoon of oil and sauté in the same way. When all the greens are sautéed, add the remaining oil to the pot, stir in the onions and garlic, and sauté 4 or 5 minutes or until the onions are tender. Return the greens to the pot. Add the chicken or vegetable broth, salt, and black pepper. Cover and cook over low heat for 30 minutes or until the greens are tender.

ELMHURST AND THE COMMUNITY



Steven Zhou (second from right), Social Worker and Program Coordinator of the Asian American Mental Health Program here at Elmhurst, and other Asian mental health leaders in New York City were invited to a roundtable discussion hosted by ThriveNYC's Susan Herman and NYC Service's Pat Eng to discuss volunteer efforts to address mental health in the Asian American/Pacific Islander and Middle East/South Asian communities. He was then invited to a special meet and greet with the NYC First Lady, Chirlane McCray, at the Mayor's Annual Asian Pacific American Heritage Month Reception at Gracie Mansion.



Dr. Subhadra Nori at the Kew Gardens Hills Library for a discussion on back pain



Team Elmhurst Supports Paddle for the Cure

Ten Elmhurst staff representing various departments across the hospital brought home the 1st place trophy after participating in a "Bowl for The Cure" fundraiser hosted by Paddle for the Cure (PFC). PFC is a non-profit, special support organization

for breast cancer survivors and supporters. They offer a unique survivorship program that uses recreational dragon boat paddling to manage side effects of treatment for breast cancer survivors and promotes a positive and healthy lifestyle. PFC's mission is to create a sisterhood of breast cancer survivors, provide hope and support for cancer survivors and their families, enrich lives through dragon boat paddling, achieve growth for the sport, and unite the community for charitable purposes through paddling and racing. The water season opens on Saturday, June 8 and all are welcome to join the team.

For more information, go to: www.pfcny.org.

ELMHURST AND THE COMMUNITY

Healthfirst Cinco de Mayo Celebration

On May 6th, Healthfirst celebrated its yearly Cinco de Mayo event here at Elmhurst Hospital. The turnout was amazing, bringing together more than 25 vendors and community partners on a spectacular spring day. The 5 hours of live music electrified the growing crowds of Healthfirst members, community partners, elected officials, and Elmhurst Hospital staff. The honorees this year included: Dr. Basilisa Canto, Director of Ambulatory Behavioral Health Service for Elmhurst Hospital, Yoselin Genao Estrella, Executive Director for Neighborhood Housing Services of Queens CDC, and Claudia Cordova, Program Director for Elmhurst Senior Center. The celebration filled 41st Avenue all the way down the block to 81st Street, where a face painter brought joy to lots of cute little faces. (Adapted from article by Carmen Britetz, Healthfirst)



April was Alcohol Awareness Month. Staff from Elmhurst conducted education during the month to raise community awareness about alcohol abuse issues.



Dr. Basilisa Canto at Ridgewood Senior Center discussion on depression



NYC Health + Hospitals/Elmhurst's Making Strides Team Leaders at the American Cancer Society's Thank You Celebration for Health + Hospitals at the Hope Lodge.



Dr. Vladimir Gasca speaks at Borough President's Immigration Task Force on mental health programs at Elmhurst



On May 11, Assemblywoman Catalina Cruz, MetroPlus, and Dr. Isha Mehta hosted a discussion on women's health. Participants then went for a fun walk through Jackson Heights.



Dr. Suzanne Bentley and Lorraine Boehm, RN, Nurse Educator from NYC Health + Hospitals/Elmhurst's Simulation Center hosted the NYPD's Girl's Talk and Explorers Program for an informative tour of the center and an adult and infant CPR training in April.

ELMHURST HERO SPOTLIGHT

Jodi Romano, Director of Mental Health Services in Psychiatry, sent this letter:



Ana Manegal

"We recently discharged a woman from our inpatient psychiatric unit with an outside ACT (Assertive Community Treatment) team. Originally the patient was going to go to court for AOT (Assisted Outpatient Treatment) but was responding to treatment, so it was decided that she could be discharged on a long-acting injectable. The patient has a lot

of protective factors such as a supportive and involved family and an ACT team. The patient is also motivated to continue doing well.

Post-discharge, we found out that the patient had a lapse in her insurance and the community ACT team was going to bring her to the hospital emergency room because she was 3 days late in getting her injection and the family feared she was going to

decompensate. Ana Manegal who supervises the discharge planners jumped in to help! It wasn't even her case. She wouldn't take no for an answer. She is exactly the kind of caseworker you would want if a member of your family needed help!

Ana Manegal went above and beyond to ensure this patient was able to get her long-acting injectable. She researched ways the ACT team could get the medication. She found programs and coupons to assist the ACT team and communicated with them throughout the day to ensure this went through. In the end, the patient was able to get the medication she needed, giving the ACT team time to get her permanent insurance. Ana didn't give up. An ER visit and possibly a hospitalization were both avoided. That is the beauty of this business - we don't give up even when others are ready to.

Please accept this letter as a nomination for you to recognize Ana for truly caring about the people we are here to serve. This woman was no longer our patient and yet Ana jumped in to help. She is an asset to this organization."

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